

## ABSTRAK

### HUBUNGAN SIKLUS KEMOTERAPI, ASUPAN ENERGI DAN PROTEIN, SERTA DUKUNGAN KELUARGA DENGAN STATUS GIZI PASIEN KANKER DI RSUD. PROF. DR. MARGONO SOEKARJO PURWOKERTO

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**Latar Belakang:** Pasien kanker yang menjalani kemoterapi kerap mengalami penurunan asupan makan, berat badan, hingga status gizi. Keluarga berperan penting dalam memberikan dukungan gizi dan semangat pasien selama kemoterapi. Penelitian bertujuan untuk mengetahui hubungan siklus kemoterapi, asupan energi dan protein, serta dukungan keluarga dengan status gizi pasien kanker di RSUD Prof. Dr. Margono Soekarjo.

**Metodologi:** Penelitian menggunakan rancangan *cross-sectional* dengan melibatkan 43 sampel yang diambil menggunakan teknik *consecutive sampling*. Siklus kemoterapi diketahui berdasarkan rekam medis pasien. Asupan energi dan protein diambil menggunakan metode *dietary recall* 2x24 jam dan dukungan keluarga dengan kuesioner. Analisis data menggunakan uji Korelasi *Pearson* dan *Rank Spearman*.

**Hasil Penelitian:** Responden sebagian besar perempuan (67,4%). Responden sebagian besar berusia  $\geq 45$  tahun (67,4%) dan menjalani  $\leq 4$  kali siklus kemoterapi (60,5%). Diagnosis medis paling banyak yaitu kanker saluran pencernaan (23,3%). Terdapat hubungan antara siklus kemoterapi dengan status gizi ( $p=0,006$ ). Tidak terdapat hubungan antara asupan energi, asupan protein, dan dukungan keluarga dengan status gizi ( $p=0,513$ ;  $p=0,467$ ;  $p=0,494$ ).

**Kesimpulan:** Terdapat hubungan antara siklus kemoterapi dengan status gizi, serta tidak terdapat hubungan antara asupan energi, asupan protein, dan dukungan keluarga dengan status gizi.

**Kata Kunci:** Pasien Kanker, Dukungan Gizi, Siklus Kemoterapi

## ABSTRACT

### THE ASSOCIATION BETWEEN CHEMOTHERAPY CYCLE, ENERGY INTAKE, PROTEIN INTAKE, AND FAMILY SUPPORT WITH NUTRITIONAL STATUS IN CANCER PATIENTS AT RSUD. PROF. DR. MARGONO SOEKARJO PURWOKERTO

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**Background:** Cancer patients who undergo chemotherapy often experienced a decrease in food intake, weight, and nutritional status. Family support has an important role in providing nutritional support and the patient's motivation to undergo chemotherapy. This study aims to assess the associations between the chemotherapy cycle, energy intake, protein intake, and family support with nutritional status in cancer patients at RSUD Prof. Dr. Margono Soekarjo.

**Methods:** This research used a cross-sectional study design involving 43 cancer patients who were taken using a consecutive sampling technique. The chemotherapy cycle was collected based on the patient's medical record. Energy and protein intake was estimated based upon 2x24-h dietary recall. Family support was collected using a questionnaire. Data were analyzed using Pearson Correlation and Rank Spearman tests.

**Results:** The majority of the samples were women (67,4%). The samples were mainly aged  $\geq 45$  years (67,4%) and underwent  $\leq 4$  chemotherapy cycles (60,5%). The most frequently diagnosed cancer was gastrointestinal cancer (23,3%). There was an association between the chemotherapy cycle with nutritional status ( $p=0,006$ ). There was no association between energy intake, protein intake, and family support with nutritional status ( $p=0,513$ ;  $p=0,467$ ;  $p=0,494$ ).

**Conclusion:** There was an association between the chemotherapy cycle with nutritional status, and there was no association between energy intake, protein intake, and family support with nutritional status.

**Keywords:** Cancer Survivors, Nutritional Support, Chemotherapy Cycle